

## **Grade Five**

Students in fifth grade apply movement principles and concepts to enhance their movement performance, personal fitness, and game strategy and tactics. They develop proficiency in games, dance, and educational gymnastics. Students demonstrate specialized skills alone, with a partner, or in a small group. They access and use resources to improve personal fitness as they exhibit a physically active lifestyle. Students continue to develop responsible personal and social behaviors as they work with others in safe and respectful ways.

### **Skilled Movement**

- 5.1 The student will demonstrate proficiency in movement skills and skill combinations in complex movement activities.
  - a) Perform complex educational gymnastic sequences, including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, speed, and flow.
  - b) Perform different types of rhythm/dance sequences.

### **Movement Principles and Concepts**

- 5.2 The student will understand and apply movement principles and concepts in complex movement activities.
  - a) Apply movement concepts of body, space, effort, and relationship to movement.
  - b) Apply principles of accuracy, force, and follow-through when projecting objects.
  - c) Identify and demonstrate basic small-group offensive and defensive tactics and strategies (e.g., body fakes, use of speed, change of direction, keeping body low while moving/guarding).
  - d) Identify and apply principles of practice to enhance performance (e.g., form, consistency, repetition).
  - e) Use feedback, including available technology, to improve performance.

### **Personal Fitness**

- 5.3 The student will describe short- and long-term benefits of engaging in regular physical activity.
- 5.4 The student will use personal fitness assessment data to enhance understanding of physical fitness.
  - a) Identify sources for data collection (e.g., print materials, community resources, heart rate monitors, Internet, pedometers, skinfold calipers).
  - b) Analyze fitness data to describe and improve personal fitness levels (e.g., apply data to own plan for improvement in at least two components of health-related fitness).

### **Responsible Behaviors**

- 5.5 The student will participate in establishing and maintaining a safe environment for learning physical activities.
  - a) Work independently and with others to improve learning during physical activity.
  - b) Display appropriate cooperative and competitive behaviors.

**Physically Active Lifestyle**

- 5.6 The student will identify and participate regularly in physical activities based on personal abilities and interests (e.g., for improvement through practice, for enjoyment, for social interaction, for personal challenge).